



THE PULSE

NEWSLETTER



CARDIAC FITNESS ASSOC'

*Supporting the cardiac rehabilitation program under
the medical direction of
Dr. John P. Schaman since 1980*



The
Pulse
Spring
2022

Photo by Pixabay

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1010 Hopewell Creek Rd. Breslau ON N0B 1M0

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FROM THE PRESIDENT'S DESK - MIKE WHITMORE

The Seven Times Factor or Rule of 7 Gotta' Hear It Over and Over Again



Photo by Jonas
Mohamadi

Ask a first-year marketing student and they'll tell you that on average, someone needs to hear/see an ad' seven (7) times or more before they buy something.

Coming up on (only) four years of my clinic attendance, I know I have heard the same lectures (and stories) many times over from the Doc, but speaking for myself, I've needed to.

When I hear a lecture repeated, I ask myself, do you know this material well enough to present it to a group? Answer: not even close.

Therefore, let's hear it again...and again.

The test comes when chatting with friends and they ask a question relating to our four pillars (see cfaheart.com) and in trying to explain it, I often don't have enough facts to back up my claims for good heart health.



Photo by Anna Tarazevich

In defense of the Doc, we do have quite a few people that come and go. I was sitting in the lecture room one Wednesday morning after an outdoor exercise, and someone asked a question on the exact same topic from the previous Wednesday night Zoom lecture.



Photo by Kevin Malik

If you are a dedicated user, you may be getting it 'over and over again', but is that really a problem? Is this not really important stuff? I'll let your attendance be the answer to that one.

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Rx

Dr. John Schaman

What an amazing (not necessarily in a good way!) time we are experiencing. So much change. So much stress outside of our control. So much upheaval. Now, more than ever, I encourage you to pay attention to your personal stress management strategy and find safe ways to participate in group support. I can't recommend our guided zoom group support sessions enough. Brian Skerrett has decades of experience and the monthly, Thursday morning sessions are available to you at no cost. It is vital that we continue to focus on positive personal interactions and not isolate ourselves. It is also imperative that we take time each day for enjoyable recreation. A hobby or craft, a good book, an engrossing & enjoyable movie, gardening as the weather warms up, maybe bird watching is up your alley, something that is enjoyable and positive and a change from the ordinary.



As much as we want to be up to date on the news, I suggest watching or reading the news in a focused way rather than as a continuous drone in the background or hours of scrolling online. As the fight for Ukraine's freedom continues, remember to look around and appreciate the freedom that we are blessed with. It is ok to smile, to laugh, to live your life while still hurting for and helping the people directly and indirectly impacted by this senseless war. The graphic (left) was purchased from a Ukrainian artist online. The link to her work is imbedded in the graphic. It is one small, direct way I was able to offer support.

Look after yourself, no one else will!

John Schaman M.D.

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Photo by [JESHOOTS.com](#) from [Pexels](#)

Brain Food

Nine questions. This is a quiz for people who know everything! I found out in a hurry that I didn't. These are not trick questions. They are straight questions with straight answers...



1. Name the one sport in which neither the spectators nor the participants know the score or the leader until the contest ends.
2. What famous North American landmark is constantly moving backward?
- 3 Of all vegetables, only two can live to produce on their own for several or more growing seasons. All other vegetables must be replanted every year. What are the only two perennial vegetables?
4. What fruit has its seeds on the outside?
5. In many liquor stores, you can buy pear brandy, with a real pear inside the bottle. The pear is whole and ripe, and the bottle is genuine; it hasn't been cut in any way. How did the pear get inside the bottle?
6. Only three words in standard English begin with the letters 'dw' and they are all common words. Name two of them.
7. There are 14 punctuation marks in English grammar. Can you name at least half of them?
8. Name the only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any other form except fresh.
9. Name six (6) or more things that you can wear on your feet beginning with the letter 'S.'

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SPRING

Print Page to Play

Find and circle all the Spring words that are hidden in the grid.
The remaining letters spell the name of an additional Spring sentence.

T	L	E	M	W	W	O	N	S	S	S	A	R	G	L	A
G	C	Y	C	L	A	M	E	N	S	A	L	I	I	L	P
G	N	G	R	O	W	T	H	R	L	L	L	L	R	S	
O	Y	I	I	D	L	S	A	R	A	I	E	S	N	N	
L	A	L	N	K	A	I	E	B	E	R	R	O	H	E	
F	M	L	O	A	N	F	E	S	G	M	I	P	W	W	
E	N	A	E	E	E	S	F	I	U	L	R	R	A	L	
I	O	B	Q	R	A	L	E	O	E	C	S	A	B	E	
R	S	T	U	B	E	S	C	D	D	F	O	S	W	A	
I	A	F	I	G	R	N	N	G	L	I	N	R	H	V	
S	E	O	N	N	R	A	E	O	N	I	L	C	C	E	
E	S	S	O	I	D	E	W	W	B	I	R	S	B	S	
S	I	N	X	R	G	E	E	O	A	A	R	M	E	G	
A	Y	F	L	P	R	O	R	N	M	L	W	P	E	O	
E	T	E	W	S	S	P	I	L	U	T	R	S	S	R	
R	E	T	S	A	E	P	L	A	N	T	I	N	G	F	

ALLERGIES	EASTER	IRISES	ROBINS
APRIL	EQUINOX	LILIES	SEASON
BASEBALL	FLOWERS	MARCH	SNOWMELT
BEES	FROGS	MAY	SOFTBALL
CROCUSES	GOLF	NEW LEAVES	SPRING BREAK
CYCLAMENS	GRASS	PLANTING	SPRING CLEANING
DAFFODILS	GREEN	RAIN	TULIPS
DANDELIONS	GROWTH	RENEWAL	WARMER
			WET

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What's In a Wordle

My wife got me hooked. It's addictive and it's a good thing it's only available one word per day. Like golf, it's simple but not easy. Simply guess a five-letter word in six attempts. Each time you guess, you are told which letters are correct, in the right place, or simply wrong.

It was originally played via the Wordle website but has now moved to the New York Times Games site since the New York Times bought Wordle in early February. So far, it's still free.

The word you enter must be in the word list (you can't invent a word) and a correct letter in the right spot turns green, a correct letter in the wrong spot turns yellow, and an incorrect letter turns gray.

Letters can be used more than once.

[Click here to give it a try](#)
[WORDLE](#)

G	U	E	S	S
W	H	I	C	H
C	R	A	Z	E
J	O	I	N	S
T	I	M	E	S
G	A	M	E	S



Photo by Pixabay

Clinic Equipment Update

It's time for an equipment upgrade. In the age of electronics, 10 years is a lifetime. We are upgrading our equipment at the clinic, and we need your help. Would you like to dedicate a piece of equipment to the clinic?

Let us know



Photo by [Stephen Andrews](#) from [Pexels](#)

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Small-scale farmers around the world agree: Worm castings (that's the excrement that comes out of the back end of worms) make some of the most nutrient-dense soil, and the healthiest plants, in the world.



University of Georgia's Engineering Outreach Program conducted a study which showed that tomato plants grown in worm castings grew 3 times faster than those grown in potting mix alone.

It really is powerful stuff.

If you want to learn more, you're in luck! Duncan Carver could be the world's top worm composting expert. And he'd like to offer you a complimentary subscription to his worm farming secrets newsletter.

[Click here now to learn how to make your garden thrive with worm composting.](#)

Yours for healthy soil, Ocean Robbins



Photo by
Kampus
Production

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Getting Enough Plant-Based Protein Is Easier Than You May Think!

by Dean Ornish, MD.

This article has been summarized from Dr Dean Ornish's website. For the full article [click here](#)

You will get all the protein you need on a well-balanced plant-based diet.

Beans, nuts, seeds, lentils, and whole grains are packed with protein.

In the United States, most people (rich or poor) eat at least twice as much protein as they need.

Protein is formed from building blocks called amino acids. There are approximately twenty-two different kinds of amino acids that can combine to form literally billions of varieties of proteins.

Your body can make thirteen of these amino acids. The other nine are called "essential amino acids," since they must be supplied in the diet. Of these, only three—lysine, tryptophan, and methionine—are critical since the others are plentiful in most foods.

The amino acids that come from plant foods are exactly the same as the amino acids that come from animal foods. When you eat protein, whether from a T-bone steak or from a meal of rice and beans, that protein is digested into the individual amino acid building blocks. Your body then takes these amino acids and builds whatever proteins you need. In other words, the protein that comes from eating a T-bone steak is exactly the same quality as the protein that comes from a meal of rice and beans. But when you eat a steak, you're also consuming excessive saturated fat and cholesterol.

Unlike animal products, though, no single plant source contains all of the essential amino acids.

Fortunately, though, plant-based foods contain the three critical amino acids in different proportions. By eating a variety of foods, you will obtain all of these necessary amino acids.

Legumes (beans, for example) are high in lysine but low in tryptophan and methionine. Grains (rice, for example) are low in lysine but high in tryptophan and methionine. A meal of rice and beans, therefore, provides a complete protein, no different from the protein found in eggs or meat.

You don't have to be a scientist or a nutritionist to combine foods properly. It's easy: Just eat any grains and any legumes sometime during the same day.

Photo by Polina Tankilevitch





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Plant Based Complete Proteins

Quinoa
Soy
Buckwheat
Hemp
Chia
Spirulina
Tempeh
Amaranth



Photo by alleksana

Plant Based Complete Protein Combos

Whole Wheat Toast and Nut Butter
Beans and Rice
Lentil Soap with Whole Grain Roll
Whole Grain Pita Chips/Bread and Hummus
Spinach Salad with Sunflower Seeds
Steel-cut Oatmeal with Pumpkin Seeds or
Peanut Butter
Tofu with Rice
Baked Beans and Brown Bread
Pasta e Fagioli (pasta and beans)
Hopping John (black-eyed peas) and Rice

This list is not complete, and clearly you can't live off Spirulina. There is an abundance of information available and feel free to ask the Doc' for clarification but try to remember to pair any grains and any legumes (i.e., Beans, Peanuts, Chickpeas) sometime during the same day.



Here's another good article - For more information on getting enough protein, refer to Dr. Dean Ornish
[Where's The Protein? How Vegans Get Enough](#)



Dr. Michael Greger talks about, let's stop worrying about protein and start talking more about fiber.
[Click here](#) for a short video courtesy of "Forks Over Knives"



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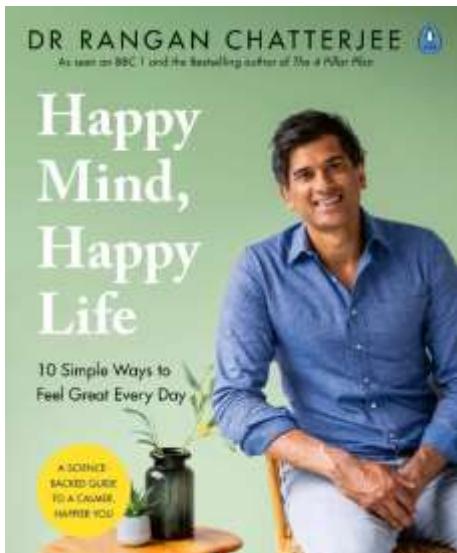


Stress Management

If You Do Nothing Else this Week...

(Courtesy of Dr. Chatterjee – Friday at Five) – Click for more info'

Gift yourself 10 minutes of solitude. That's right, take 10 minutes each day to focus solely on yourself: in silence, without your smartphone and without the world sucking up and stealing your attention. This is time for you to turn your attention inwards, rest your body and nourish your mind. If you're not sure quite where or how to start, try:



- Meditation – with an app like Calm or Headspace
- Doing a crossword, some sketching or colouring
- Listening to relaxing music (without looking at your phone)
- A mindful cup of coffee
- A breathing exercise
- Writing down your thoughts

In my experience, this tends to work best first thing in the morning but pick a time that feels best for you. It's all about tuning in to how you're feeling and listening to your body's natural signals.

Here are some suggestions to follow in your search for a yoga teacher specializing in stress management: Search online or in your local Yellow Pages under "yoga" for gentle or restorative yoga classes.

Check bulletin boards in health food stores, book shops, YWCAs and YMCAs, community and recreational centers, local colleges, adult ed' programs, etc.

Ask friends for references.

Browse the shelves at your library and bookstores, and you may find yoga audio and video content. More new and improved yoga material is coming out all the time.



Photo by Marcus Aurelius



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Exercise

We are open for Medically Monitored Cardiac Rehabilitation Classes for outdoor exercise. Sign up for Wednesday morning classes, which run on an appointment basis, from 8 to 10am. **NEW - See bottom of page for Tuesday option.**

In order to attend you must choose your starting time slot and sign up at the booking site <https://cfa-breslau.com/> and agree to the terms and conditions of attendance.

- Your time slot is reserved for you and to provide as safe an experience as possible we need you to attend on time.
- You must wear a mask covering both your mouth and your nose at all times while on the clinic property. We expect you to put your mask on before you leave your vehicle. We ask that you follow procedures and properly mask and distance 2 metres at all times.
- If you have ANY symptoms, even the most mild "cold like" symptoms, please, stay home! Public health authorities have made it clear that any symptoms similar to even a mild cold is most likely to be caused by Omicron, as Omicron is currently vastly outnumbering all other potential viral pathogens.
- Use of indoor exercise equipment is not yet available. (Soon we hope).



**Tuesdays Trial Balloon - We're testing the waters and opening up Tuesday from 4:00-6:00 pm, April 19th and 26th.
Vote with your feet, let's get back to it!**

Booking site now open – [Click Here to Book](#)

Photo by Kristina Paukshtite

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CFA - Current Board of Directors

Mike Whitmore - President and Newsletter Editor

Connie Panaggio - Past President
John Burns - Vice President & Past President

Mike Coates - Secretary & Newsletter
Harold Lee - Treasurer

TBD - Assistant Treasurer

Terry Cousineau - Director & Past President

Les Pitek - Director

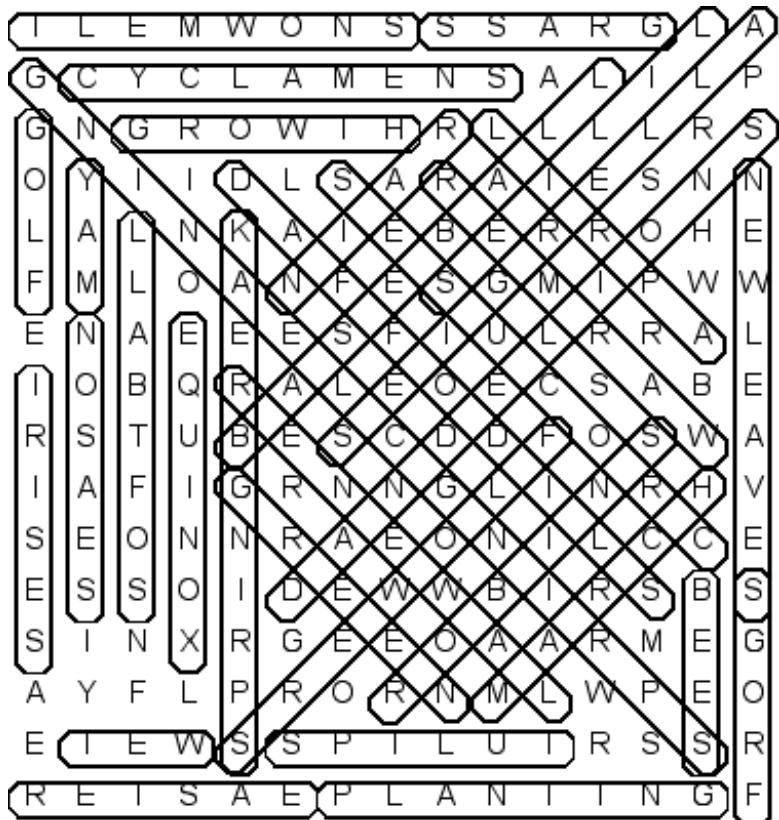
David Cain - Director

Diane Beitz - Director

TBD - Fund Raising

How to get a hold of us

cfaheart1980@gmail.com



Solutions From Brain Food

1. Boxing
2. Niagara Falls ... The rim is worn down about two and a half feet each year because of the millions of gallons of water that rush over it every minute.
3. Asparagus and rhubarb.
4. Strawberry
5. It grew inside the bottle. The bottles are placed over pear buds when they are small and are wired in place on the tree. The bottle is left in place for the entire growing season. When the pears are ripe, they are snipped off at the stems.
6. Dwarf, dwell and dwindle...
7. Period, comma, colon, semicolon, dash, hyphen, apostrophe, question mark, exclamation point, quotation mark, brackets, parenthesis, braces, and ellipses.
8. Lettuce.
9. Shoes, socks, sandals, sneakers, slippers, skis, skates, snowshoes, stockings, stilts

The hidden Spring sentence is APRIL SHOWERS BRING MAY FLOWERS

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"The best way to find yourself is to lose yourself in the service of others." Mahatma Gandhi

HELP WANTED

Fundraising Director



Fundraising is the lifeblood of the CFA. The Fundraising Director will help seek out new funding opportunities to improve sustainability of the CFA. Assist in the development and direction of all fundraising programs, as required and provide viable solutions to do so.

Estimated hours: 4-6 per month

Job Type: Part-time, Volunteer

Email - cfaheart1980@gmail.com

Photo by [Liza Summer from Pexels](#)



Grounds Committee Volunteers

Anyone interested in helping maintain the clinic grounds, general clean ups, flower planting, weeding, checking mosquito traps, developing new trails, etc.

Estimated hours: 2-4 per month (March-November)

Job Type: Part-time, Volunteer

Photo by [Anna Shvets from Pexels](#)

Email - cfaheart1980@gmail.com

Assistant Treasurer

The CFA Board of Directors is implementing a new position.

If you have any accounting or bookkeeping experience or are simply comfortable in the finance world and would like to give back to the CFA, please let us know.

Estimated hours: 4-6 per month

Job Type: Part-time, Volunteer

Email - cfaheart1980@gmail.com

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In form and message, a poet shows both adults and kids that the world can be looked at another way.

As millions of people flee bombing in Ukraine, most media and political comment has been rightly sympathetic. But refugees from other parts of the world, like those escaping war in Syria or violence in Central America, are often described very differently.

That scapegoating is turned around in "Refugees," a 2016 poem by British poet Brian Bilston.

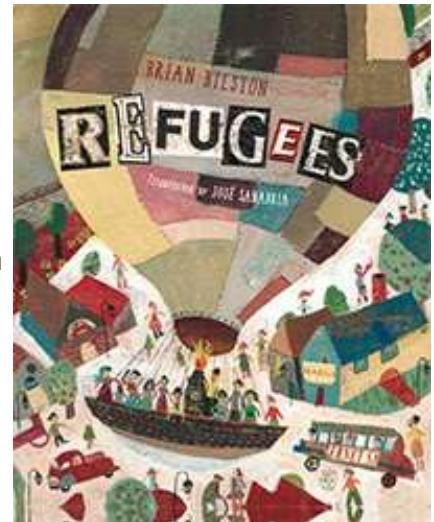
It's a "reverse poem," meant to be read from the top and then from the bottom—completely changing the framing from suspicion to sharing.

The poem went viral again this month on Twitter, which the pseudonymous Bilston uses so effectively he's been called "the Banksy of poetry." With illustrations by José Sanabria, Refugees is also beautifully rendered as a children's picture book that can be read in two ways. With their natural sense of justice and humanity, kids are quick to understand the poet's message.

Refugees

By Brian Bilston

They have no need of our help
So do not tell me
These haggard faces could belong to you or me
Should life have dealt a different hand
We need to see them for who they really are
Chancers and scroungers
Layabouts and loungers
With bombs up their sleeves
Cut-throats and thieves
They are not
Welcome here
We should make them
Go back to where they came from
They cannot
Share our food
Share our homes
Share our countries
Instead let us
Build a wall to keep them out
It is not okay to say
These are people just like us
A place should only belong to those who are born there
Do not be so stupid to think that
The world can be looked at another way



(now read from bottom to top)

This excerpt of "Refugees" by Brian Bilston, illustrated by José Sanabria (Palazzo Editions, 2019), appears with permission of the publisher.

Thanks to Brian Skerrett for sharing

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WALK FOR HEART

Your CFA is pleased to kick off the 2022 Fundraising Season
June – September 2022

We have a lot of steps to make up. Stay tuned for more details.



Ever thought of donating monthly?
Simple, convenient, [click here](#) to get started



The CFA – Cardiac Rehab'...For Life

ZOOM

Clinic Zoom Sessions

Wednesday, April 13, 2022 7:00 pm EST.
Wednesday, April 27, 2022 7:00 pm EST.
Wednesday, May 11, 2022 7:00 pm EST.
Wednesday, May 25, 2022 7:00 pm EST.
All - Topics to be Determined

ZOOM

Group Support

Support groups bring together people who
are going through or have gone through
similar experiences.

Brian Skerrett's Group Support Online
Usually the Second Thursday of the Month

Apr 14, 2022 10:00 AM
May 12, 2022 10:00 AM
June 9, 2022 10:00 AM



Photo by [SHVETS production](#) from [Pexels](#)

[Click Here to Join Group Support Zoom Meeting](#)

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[Courtesy of Forks over Knives - Recipes](#)

Potato-Cauliflower Curry

Makes:
5 cups
Ready In:
1 hour



This simple vegan curry recipe is packed with comforting potatoes, cauliflower, and peas, and the sauce comes together easily in your blender. Serve over brown rice garnished with fresh cilantro.

Photo by Jackie Sobon

INGREDIENTS:

4 cups 2-inch cauliflower florets
2 cups 1½-inch potato pieces
1 cup onion wedges
¼ cup tomato paste
1 tablespoon mild curry powder
1½ teaspoon grated fresh ginger
1 teaspoon cumin seeds
1 clove garlic, minced
1½ cups fresh or frozen peas
¼ cup raw cashews, finely ground
2 tablespoons lime juice
Cayenne pepper, to taste
Sea salt, to taste
4 cups cooked brown rice
1 tablespoon finely snipped fresh cilantro

- 1 Place cauliflower in a steamer basket in a large saucepan or deep skillet. Add water to just below basket. Bring to boiling. Cover pan and steam 5 minutes or until cauliflower is crisp-tender. Transfer cauliflower to a bowl.
- 2 Place potato pieces in steamer basket, cover pan, and steam 10 minutes or until potatoes are tender. Add to cauliflower in bowl; drain water from pan.
- 3 For sauce, in a blender combine onion wedges, tomato paste, curry powder, ginger, cumin seeds, and garlic. Add 1 cup of water. Cover and blend until smooth. Transfer sauce to a skillet and stir in 1 more cup of water. Bring sauce to boiling; reduce heat to medium-high and cook 5 to 7 minutes. Reduce heat to medium-low and cook 10 minutes longer or until sauce darkens in color.
- 4 Add steamed cauliflower and potatoes, peas, cashews, lime juice, and cayenne pepper to sauce. Cook 5 to 7 minutes or until sauce is absorbed by the vegetables, stirring occasionally, and adding additional water if needed to reach desired consistency. Season with salt.
- 5 Serve vegetable mixture over rice and sprinkle with cilantro.



Courtesy of Forks over Knives - Recipes

Best-Ever Beefless Stew

Makes:
10 cups
Preparation Time:
40 minutes
Ready In:
1 hour



Portobello mushrooms add rich flavor and meaty texture to this chunky classic-style stew, while a medley of fresh veggies soaks up the herbaceous broth. Fresh rosemary and parsley deliver a beautiful depth of flavor that develops over time, so don't be afraid to freeze your leftovers for a rainy day!

INGREDIENTS:

1½ large yellow or white onions, chopped into ¾-inch pieces (about 3 cups)

3 medium carrots, sliced lengthwise and cut into ¾-inch pieces (about 2¼ cups)

3 ribs celery, cut into ¾-inch pieces (about 1 cup)

2 medium portabella mushrooms, cut into ¾-inch pieces (about 4 cups)

6 cloves garlic, minced

2 lb. round white potatoes, peeled and cut into ¾-inch chunks (about 6 cups)

½ cup no-salt-added tomato paste

1 tablespoon dried Italian seasoning

1 tablespoon paprika

2 teaspoons finely chopped fresh rosemary

1½ cups thawed frozen peas

½ cup chopped fresh parsley

Tip: Fresh rosemary is wonderful in this stew, but if you only have dried, use ½ teaspoon.

From straightupfood.com By [Cathy Fisher](#), Nov 15, 2021

1 In a Dutch oven or soup pot, cook onions, carrots, and celery with 1 tablespoon water over medium-high heat for 8 minutes, stirring frequently and adding water, 1 to 2 tablespoons at a time, as needed to prevent sticking. Stir in mushrooms and garlic; cook 5 minutes more, stirring frequently and adding water as needed.

2 Stir in potatoes, tomato paste, Italian seasoning, and paprika. Add 5 cups of water. Bring to boiling; reduce heat to medium low. Stir in rosemary. Cook, covered, 15 minutes, stirring occasionally. Stir in peas; cook, covered, 5 minutes more or until carrots and potatoes are tender.

3 Transfer 2 cups of the mixture to a blender. Cover and blend until smooth. Return to soup pot. Stir in parsley.



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The Funnies

After his exam the doctor asked the elderly gentleman: "You appear to be in good health. Do you have any medical concerns you would like to ask me about?"

"In fact, I do," said the old man. "After I have sex with my wife, I am usually cold and chilly, and then, after I have sex with her the second time, I am usually hot and sweaty."

Later, after examining the gentlemen's wife, the doctor said: "Everything appears to be fine. Do you have any medical concerns that you would like to discuss with me?"

She replied that she had no questions or concerns. The doctor then said to her: "Your husband had an unusual concern. He claims that he is usually cold and chilly after having sex with you the first time, and then hot and sweaty after the second time. Do you know why?"

"Oh that crazy old bugger," she replied. "That's because the first time is usually in January and the second time is in August."

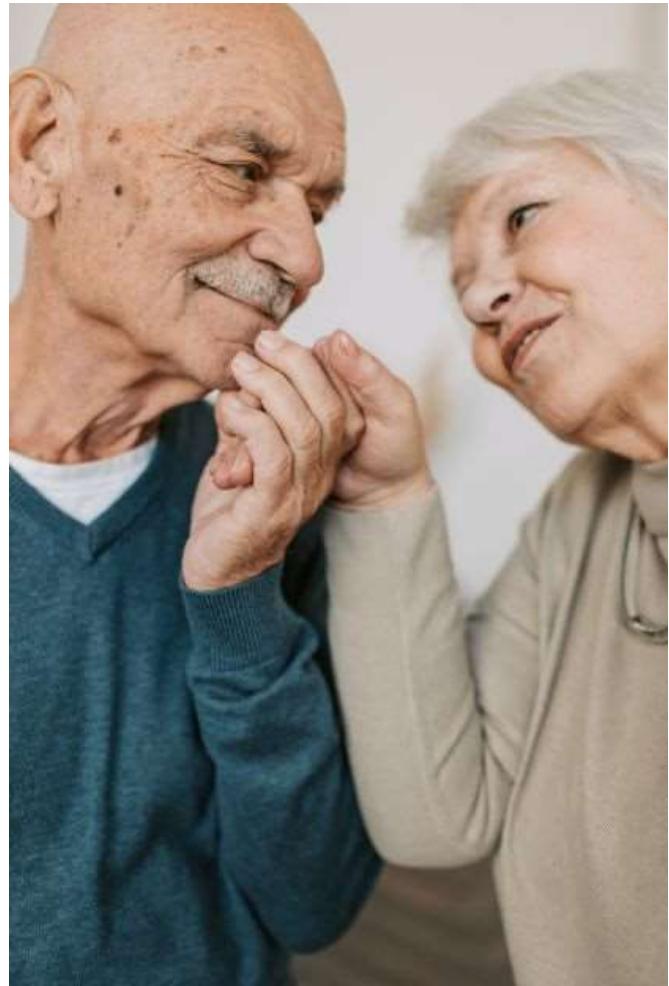


Photo by Vlada Karpovich



Photo by Darlene Alderson

An Irishman who had a little too much to drink is driving home from the city one night and, of course, his car is weaving violently all over the road. A cop pulls him over. "So," says the cop to the driver, "where have ya been?" "Why, I've been to the pub of course," slurs the drunk. "Well," says the cop, "it looks like you've had quite a few to drink this evening."

"I did all right," the drunk says with a smile. "Did you know," says the cop, standing straight and folding his arms across his chest, "that a few intersections back, your wife fell out of your car?" "Oh, thank heavens," sighs the drunk. "For a minute there, I thought I'd gone deaf."

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Our cleaning lady just called to say that she would be working from home today. She will email instructions on what we should do.

Photo by Pixabay

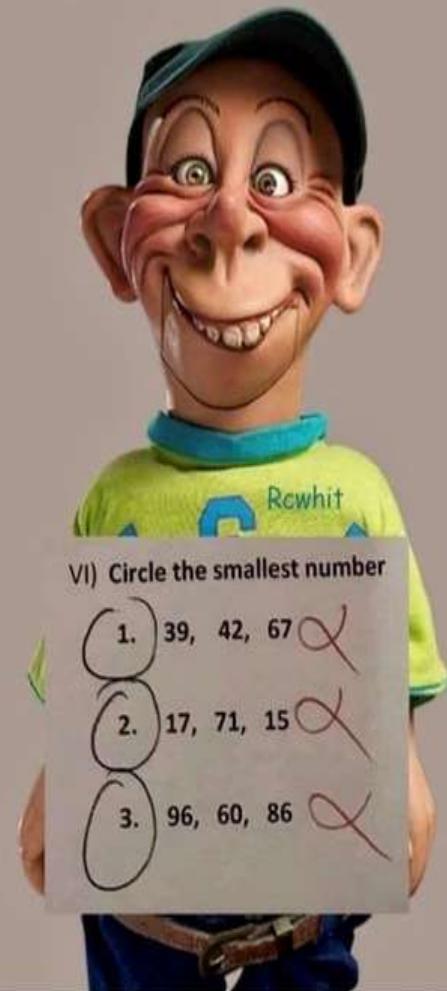


Photo by Amina Filkins

A Police Officer came to my house and asked me where I was between 5 and 6. He seemed irritated when I answered, "Kindergarten"

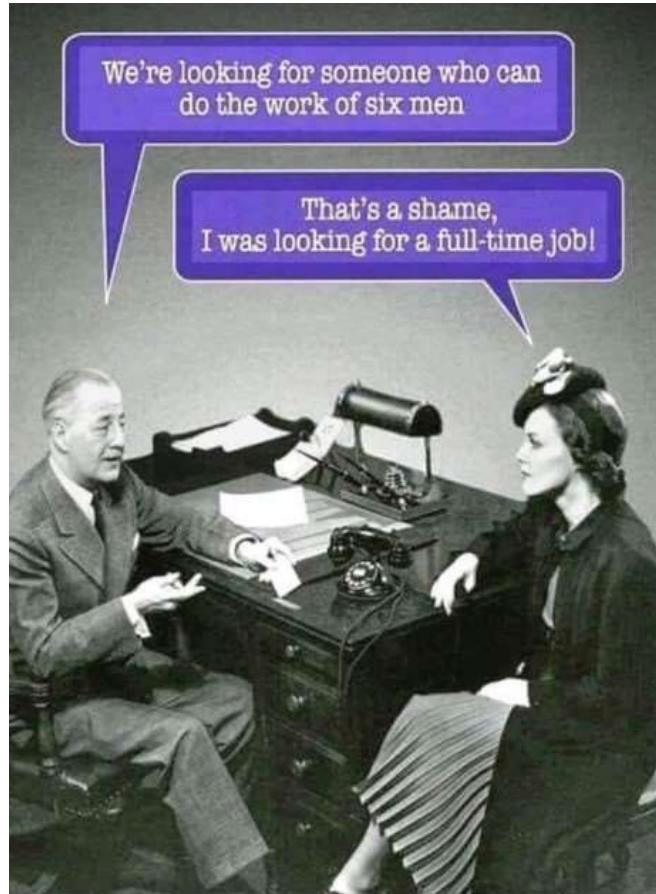


I still think I got it right and the teacher's wrong.





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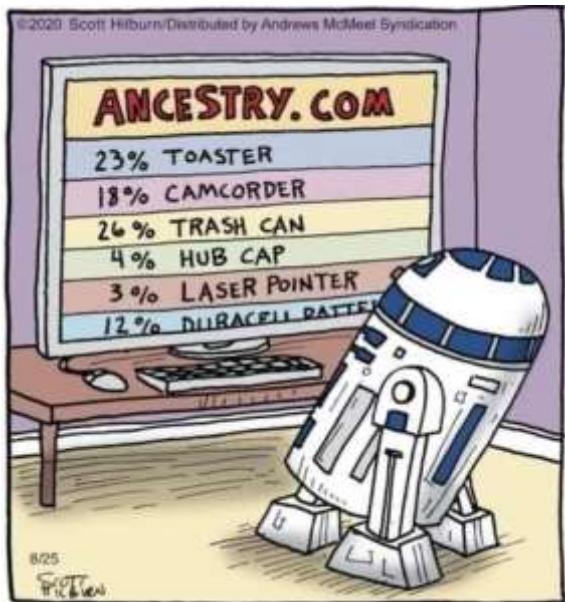
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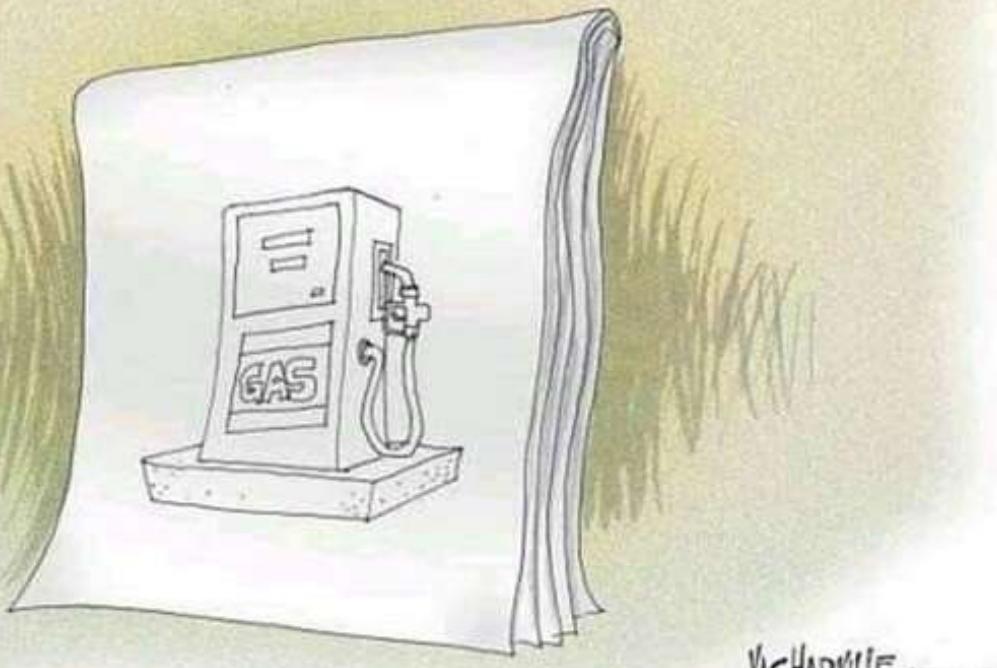
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POLICE ARTIST SKETCH OF ROBBERY SUSPECT



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Brenda O'Malley is home making dinner, as usual, when Tim Finnegan arrives at her door.

"Brenda, may I come in?" he asks. "I've somethin' to tell ya".

"Of course you can come in, you're always welcome, Tim. But where's my husband?"

"That's what I'm here to be telling ya, Brenda."

There was an accident down at the Guinness brewery..."

"Oh, God no!" cries Brenda. "Please don't tell me."

"I must, Brenda. Your husband Shamus Is dead and gone. I'm sorry.

Finally, she looked up at Tim.

"How did it happen, Tim?"

"It was terrible, Brenda. He fell into a vat of Guinness Stout and drowned."

"Oh my dear Jesus! But you must tell me truth, Tim.

Did he at least go quickly?"

"Well, Brenda... No. In fact, He got out three times to pee."



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In Memoriam

Len Sneath

Walt Runstedler



From the Winter Edition

Gerald Brohman (Wed. 9 a.m.)

John Beder - (Tues)

Valerio Durigon (Tues)

Thank you to these members for all their contributions to the CFA!

Our apologies for anyone we've missed.



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